

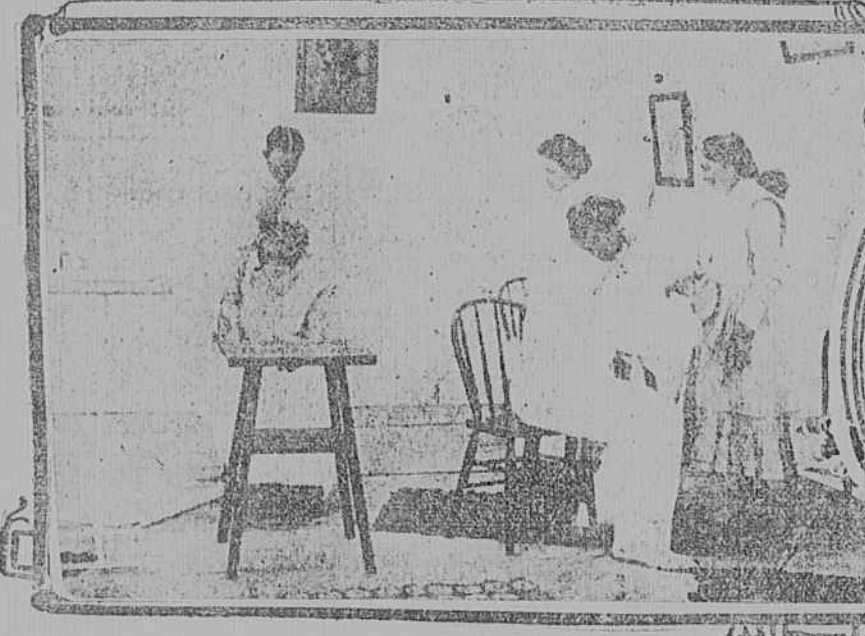
## Plans to Deliver Poor Lo From the Valley of the Shadow



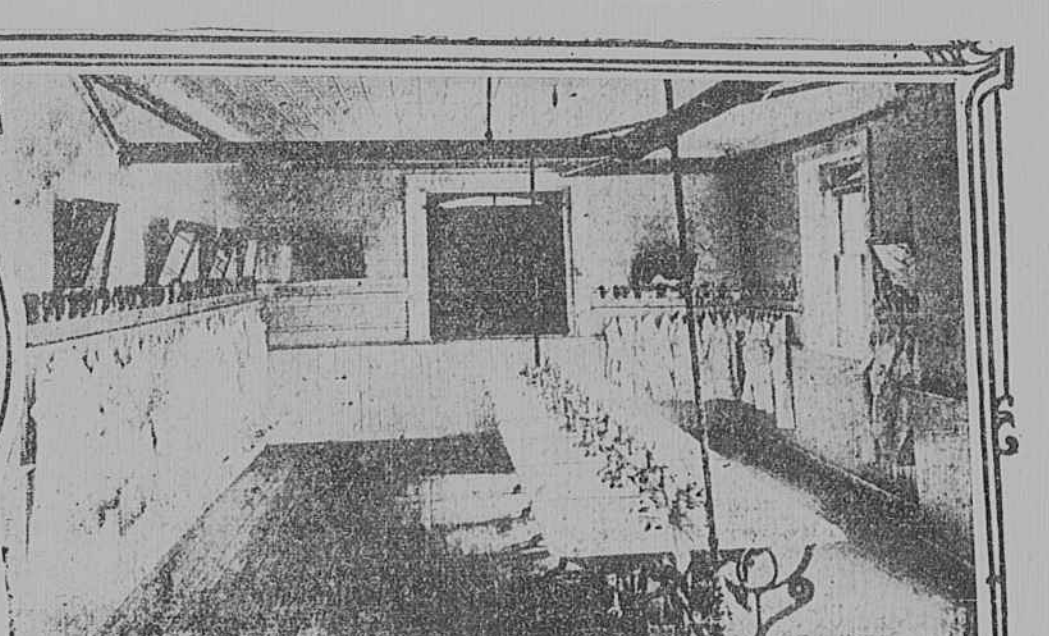
THEY ARE TAUGHT DOMESTIC SCIENCE.



### A MEETING OF TO-DAY AND YESTER DAY.



COMMISSIONER VALENTINE



WHERE THE YOUNG INDIAN IS TAUGHT CLEANLINESS.

## MEDICAL INSPECTORS IN INDIAN SCHOOLS.

By John Elfreth Watkins.  
Washington, September

Washington, September.

**C**AN we save the Indian?

Shocking discoveries concerning the health of the reservation have just caused a note of alarm to be sounded by the President. The annual summing up of reports from our superintendents of Indian reservations shows that our picturesque aborigines, the original landholders of our continent, the first of all Americans are dying at a frightful rate. Last year as are our white citizens, a medical inspection of nearly 48,000 of those upon our reservations reveals that tuberculosis now has its white stamp upon one-sixth, and that a like proportion face blindness as the result of squabs from trachoma, a terrible contagion which has been rampant for years.

On three of the big reservations—the Apache, Comanche and Kiowa—nearly three-quarters of our Indian school children are affected with this eye disease. As many as one-third of the nation's wards so far examined on the Colorado reservation are found to have tuberculosis, which white people already has its hold upon more than a fourth of the residents of the Pine Ridge, and over a fifth of those of the Colorado River reservation.

Commissioner of Indian affairs, Commissioner Valentine is a live wire. He is a Massachusetts Yankee and a Harvard graduate. His life has been out of college for sixteen years, and he has a period in which period has been devoted to a post-graduate course in the university of varied experience—as bank clerk, railway accountant and college instructor. He entered the Indian office a few years ago as private secretary to his predecessor, Commissioner Leupp, and within a few months he made a rather phenomenal climb to the position of service, his first stepping stone being the superintendency of all of our Indian schools, and his second the assistant commissionership of the bureau. He is still upon the sunny side of forty.

**Will Lose Race Identity.**

"To be Indian deemed to extermination," said Commissioner Valentine.

"As a full blooded man," the commissioner replied without chewing upon the question a minute. "There will be no reason, now, why the full-blooded should die on an account of disease, but he is bound to lose his race identity as the result of intermarriage with the white man. Thus the improvement of the race will be retarded, and the physical and mental vigor and strength of the

**Vigorous Campaign Commenced.**  
The vigorous campaign which he is waging against these conditions was described to be yesterday by Robert

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Grosvener Valentine, the national commissioner of Indian affairs, Commissioner Valentine is a live wire. He is a Massachusetts lawyer and a Harvard graduate. He has been out of college but sixteen years, more than half of which period has been devoted to a post-graduate course in the university. Varied experience—as bank clerk, railway agent, and insurance salesman—has entered the Indian office in the years ago as private secretary to his predecessor, Commissioner Leupp, and within five years he made a rather phenomenal climb to the top of the ladder, after stepping stone being the supervising of the boarding schools, and his second the assistant commissionership of the bureau. He is still upon the sunny side of forty.

**WHY Lose Race Identity?**

"The Indian deemed it extermination," I asked Mr. Valentine.

"As a full blood, he is the commoner repaid without chewing upon the question a minute. 'There will be no reason now why the full-blood should die out on a count of disease, but he is bound to lose his race identity as the result of intermarriage with the white man, and the improvement of his race will suffer because of the blood Indians and people partly of Indian blood will mean the perpetration throughout the country of a great many characteristics and habits of the Indians. So the Indian himself will

system includes canvas screens for windows in winter, and a simple arrangement of floor vents and air ducts through which the air is circulated by the heat of a stove.

**Women to Teach Home Sanitation.**

The reservation field matrons who heretofore have confined their efforts chiefly to teaching domestic science and to doing missionary work, are now to go from house to house and teach home sanitation. In addition to teaching the native housekeepers to keep the home clean, these women, selected from the best of the tribe, will encourage members of each family to sleep on porches or in separate rooms instead of huddling together in one sleeping room and to occupy beds instead of "shaking down" or rag piles on the floor.

One of the most interesting features of this clean-up campaign organized by Mr. Valentine is his lecture course. He lately purchased thirty stereopticons to be supplied to lecturers, who in the different public schools and other places will present striking pictures illustrating the causes of the most harmful diseases, such as tuberculosis and trachoma. Some of these pictures will show dirty homes in contrast with clean homes.

A moving picture lecturer has also been sent into the field to circulate through the reservation and give

Some of this apparatus is made at the schools and some is purchased. Lately the spread of Johnstown superintendent of recreation and playgrounds, Pittsburgh, inspect our schools and make suggestions as to how we could do better. We have been doing ground work along health-producing lines. Because of our superabundance of space on the reservations we have been able to do a great deal of work a greater success than have the cities. One good result of Mr. Johnson's inspection has been a demonstration of our physical education program. Unusual interest has been aroused during the past spring in organizing baseball clubs—a thing which was formerly unknown. We are also encouraging the girls to play basketball and engage in outdoor sports as much as possible. They take a great deal of pride in drill that is given the boys, and at some of the schools girls drill boys.

Our Indian children make splendid examples of the things we are recommending. Thorpe, the Carlisle alumnus, who recently captured the majority of the prizes at the Olympic games, and Louis Tewanima, the great runner.

"Extension of recreation work to Indians in their homes, was another matter," said Mr. Johnson. "I was intrigued by me. His idea is that especially those youths who have returned to their homes from the schools should have their interest stimulated and encouraged. As such as would occupy their idle hours. By such a system we hope to substitute bene-

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merge with our race rather than suffer extermination.

**More Chaste Than Whites.**

"This rapid intermingling of the two races results mostly from marriages between white men and Indian, or part Indian women. Although I have no actual figures on the subject, my rather extensive acquaintance with the Indians of our original tribes prompts me to believe that the majority of the mixed-bloods now coming into the world are legitimate children and that this proportion of legitimate births is increasing.

"In the old days have pretty much gone by. On the reservation we are now very strict in the matter of requiring marriage licenses and doing everything possible to improve domestic relations and moral conditions. And I should state right here that in the white moral sense of the term Indians of all races are very chaste. Among them there has never been anything like the promiscuity and promiscuity of that kind that has existed among whites.

"I believe that under proper suggestion and thought to be applied to our white people, our Indian blood would be one of our most assets, as to both ability and character."

**Through the Valley of the Shadow.**

"Are our civilized habits, thrust upon him, to bring for the Indian's place of degeneration?" I asked the Commissioner.

"In coming from his native state to our so-called civilization he has, mentally, morally and physically, passed through the Valley of the Shadow of Death." Mr. Valentine replied. "Our civilized habits disagreeing with him, most have been whiskey-drinking, playing Indians and sitting in insulting positions, debilitated, superheated school rooms, the white man's skin with open windows for hair, but the hair

begin which went farthest to fasten the curse of tuberculosis upon him. It is all the other things which are doing for the uplift of the Indian, the safeguarding of his property, the improvement of his education so as to teach him to be industrious—must remain futile so long as such a large percentage of his race (as we have discovered in some places, most of his race) are headed for the grave. What is the use of giving the highest grade of education to one who is going to complete his schooling at twenty-one and die at twenty-three? What is the use of giving the Indian industrial training and of fitting him for a trade if he is certain to contract tuberculosis in the tailor shop, in the printing shop or in any other shop?

**Home Conditions Breed Disease.**

"To get a mental picture of the mod of life of the type of Indian now fastening the results of tuberculosis, imagine a house with a porch and one window nailed down tight, a stove in the centre, a dirty floor; a whole family gathered together in these cramped quarters, expectorating, eating and sleeping indoors, often in the same room, and in the summer, when they step out, in winter, into a freezing cold sometimes 30 degrees below zero. There are many seeds of tuberculosis in the race and they take hold quickest where the Indian is shut up in houses.

"I might add, also, that the Indian at his present stage of development is not as clean when dressed in the white man's complex clothing as when attired in his own simple garb. For example, his need for a far more sanitary condition when bare than when encased in a dirty collar."

**Health Campaign to Begin.**

Mr. Valentine called in his division chiefs and instructed them to give

the nation's wards during the present fiscal year.

Correction of sanitary defects in Indian homes will be one of the most interesting phases of this crusade. It is found that on some reservations hundreds of homes are without either floors, openable windows, or any provision whatever for ventilation. Most of the Indian population of this country live where fuel is scarce and in winter they even plaster up the windows, with mud, to keep indoors what little heat they can get, and as a result the indoor atmosphere makes foul for months. It is proposed within the next year to spend \$14,000 in making the worst of these home sanitary—to cut windows and put down floors where needed, and make other conditions sanitary.

Hereafter, when an Indian family wishes a new home he will have presented to him a set of "stock plans" drawn up by skilled architects, and showing various styles of model cottages. Each of these plans will be the work of an Indian service will guarantee to build and make complete for various flat prices ranging from \$250 to \$250. Those costing between \$1,000 and \$500 will have all modern improvements including sanitary ventriculus. In view of the cheapest cottages special attention will be given to sanitary features, including the United States public health service's standard out-house, which is odorless and perfectly screened.

As a model, sanitary homes have been developed by Mr. Valentine, who has a further plan to give each reservation superintendent the same jurisdiction over home construction in his territory as the building inspector in a city municipality.

He is also working for perfect ventilation of Indian homes, and is now expending \$500 for experiments with automatic ventilating devices like

Traveling oculists and oculists.

A corps of traveling dentists is to be sent from reservation to reservation to look after the teeth of our wards. The traveling oculists are also instructing the local physicians in how to treat trachoma, the afore mentioned disease of the eyes, which has been running rampant in the Indian country like wildfire. Many blindies are found inmates of the home buildings and are instructed to use individual samples of soap, towels, handkerchiefs, beds and bedding.

A device by which every pupil of the Indian schools was made acquainted with the danger of tuberculosis prevention was arranged and put into line a few months ago. A simple test on the subject was issued to all teachers and the results showed that they gave their pupils instruction on the same facts. Then all children above the age of ten were given three days in which to compete by writing essays on the subject of tuberculosis bearing the "rubber chicken" as a prize. The winners were awarded in bronze, silver and gold medals to the successful competitors, and the trophy was developed in each school.

**New Secret Service Fights Liquor.**

The new Secret Service Chief, Mr. Valerius has organized the new Secret Service force known as the "law and order department," which has its central office at Denver, and is to be made up of 115 sleuths, whose sole duty it is to run down bootleggers and other liquor law breakers. The new force will have heretofore made big headway in defying the Federal law against the sale of alcohol to Indians. In the past the Indians have been able to obtain which have resulted in 1,188 convictions and \$85 jail and penitentiary sentences. The new force has been organized. Those indicted have paid fines totaling over \$80,000, which revenue was more than enough to pay the expenses of the force. The new force has also collected the seizure and destruction of 284,000 pints of liquor.

**Indian Playground Work.**

"We are now organizing playground work in a large number of Indian schools," Commissioner Falkner told me. "This is an open air game to be universally recognized as essential to the development of normal, healthy children. It is a simple game, and is being played at all schools with simple apparatus such

litical reactions for features of indoor life which are not the least important. In the "Creative" Indian dances are sentimental. I had a number of them repeated on the reservations for Mr. Johnson, who is a very able and intelligent man, and who has the opportunity to study them. He has suggested a number of beneficial modifications, which could be blended with the old dances, and I am hoping to get such a movement started.

I am doing all that I can to foster the dances, and all persons who are compulsively identified with social progress activities. Thus, Meyer Bloomfield is going to give us such aid, while Mr. Johnson is going to give us a pension-seton regarding the expediency of forming Boy Scout organizations in our schools, some of which are now being formed, the recent Camp Fire Girls organizations.

**When Race Identity Will Vanish.**

"The long development of Indian life will prove his racial identity will survive as an Indian? I asked the commission in conclusion.

"I think that in good years from now there will be a good many people in this country, whom one could recognize as Indians," he replied. "But, I think that the people of this population having the greater amount of aboriginal blood in their veins will, practically all of them, look as little like Indians as you do. I think that the people, as Senator Owen, of Oklahoma, each of whom boasts of this good Indian blood."

**Plan to Preserve Indian Type.**

"There is now on foot a movement for the preservation of the Indian as an Indian, upon our game laws, parks and game reserves, and the like. It may be that on these reservations Americans many generations hence will be able to find the old and distinctively Indian tribes. The purpose of those interested in this movement is not to thus preserve our aboriginal life, but to employ the men as game wardens and forest rangers, and the women as self-supporting basket makers and artists, and to make of the native art worthy of perpetuation."

"But, for my part, I fail to see how intermarriage between the white man and the Indian can be prevented. The Indian tribes could never be prevented, even if the latter should be thus isolated in great forests, and even if they should remain in the same conditions, mixed, lined with Federal troops